

UNITY DAILY WORD

A Page of Sunshine for Every Day



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Revealing the way to

HEALTH, HAPPINESS and PLENTY

January, 1933

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AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

December 20 to January 19

The consciousness of the presence of God fills my mind, and I radiate His light to all.

My mind and body are charged with the dynamic life of God through Christ, and I radiate health.

The everywhere present Spirit of plenty opens my mind to its abundance, and prosperity is manifest in all my affairs.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold yourself as a son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

THE SUPERSENSUAL LIFE

Blessed art thou therefore if thou canst stand still from self-thinking and self-willing, and canst stop the wheel of thy imagination and senses; forasmuch as hereby thou mayest arrive at length to see the great salvation of God, being made capable of all manner of divine sensations and heavenly communications.
—*Jacob Böhme (1575-1624).*

THE LAND OF BEGINNING AGAIN

For each of us who have traveled the road
Of sorrow, misfortune, and sin,
There's a wonderful place of courage and hope
Called the Land of Beginning Again.
There our mistakes like lessons well learned
May help us to set a new pace;
The thousand and one little faults that we have
Will depart in this wonderful place.

There hope like a cloak that wraps us around
Makes stronger our purpose to win,
And love and faith are easily found
In this Land of Beginning Again.
Our own selfish thoughts we leave far behind
And give to each person his due;
Our promise we keep, and we do not forget
The things we intended to do.

No grudge in our heart, no malice, no strife,
No words that are ever unkind;
But a smile, and a laugh, and a loving handclasp
In the Land of Beginning find.
Heartaches and griefs that discourage us so
When we try our poor lives to mend,
Will all pass away like a cloud from the sky
In this land of Beginning Again.

—Alice Chase Chinn; *Happy Hollow Bugle*.

(A poem having the same title was published in these pages about six years ago. We mention this to avoid confusion.)

THE LAW OF NO LIMITATIONS

MAN, CREATED in the sight of God without limitations, has the experience of limiting himself in his thought but of realizing in his heart that such limitations are untrue. He has the experience of putting himself in bondage and of standing apart, realizing that in Truth he is absolutely free. He thinks, says, and does things upon which the race has put its stamp of approval but which in his heart of hearts he knows is but an approval of limitation, which his indwelling Spirit cannot sanction.

The "thou shalt not's" of Moses come down through the ages with tremendous force until, at the present time, man is most busily engaged in viewing life from the standpoint of "I cannot." When the message of Truth, the message of Jesus, comes to him, his whole life is translated into a new message. He begins to see life, not from a negative angle, not from the standpoint of prohibitions, but from the viewpoint of "I can do all things."

Aleister Crowley is credited with these lines: "Do what thou wilt shall be the whole of the law." Interpreted in terms of spiritual understanding, this teaching carries a powerful meaning. We might restate it in this wise: In spiritual understanding, you can do whatever you wish without infracting any law.

In higher understanding, you do what Spirit within you wills and directs you to do. You are working with the law and, consequently, not breaking it. There are no limitations placed

upon you. Your indwelling Spirit knows no limitations.

"Do what thou wilt shall be the whole of the law." We can say: "Thou, the Spirit of truth and love within us, art all the law that we know. Do what Thou wilt. Thou alone art the law of eternity, the law of heaven." When we realize this, we are no longer under the belief of limitation. We do not feel ourselves limited by the thoughts and beliefs of others. We no longer live in the world of "I cannot."

Is there something that you think you cannot do? Whence comes the thought of limitation? Why do you think you cannot? Why have you mesmerized yourself into believing in your bondage or failure? The only law for you is the law of your freedom and success, the law of your joy and perfect expression. The only limitation is that of your own thought.

Do whatever Spirit within you wills that you do, "the law of the Spirit of life in Christ Jesus," and it shall be the whole of the law, your freedom from any belief in the government of "the law of sin and of death." Paul knew that men believed themselves to be under the dominion of a law of limitation restricting their freedom, their full expression, and their life. He gave them the knowledge of the whole of the law, the law of the Spirit of life in Christ Jesus. A knowledge of the law of life and freedom sets us free from all belief in a law of mortality, bondage, and failure. Paul teaches us that "the law of the Spirit of life in Christ

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Jesus made me free from the law of sin and of death."

The whole of the law operating in your life depends upon the extent of your understanding. On the other hand, the extent of limitation upon your life and full expression depends upon your lack of understanding.

To those who would demonstrate health comes this message: "You can enjoy perfect health, and this is the whole of the law of health. You are under no bondage to so-called laws of disease. You can do whatever you will to do in making your health demonstration. 'The law of the Spirit of life in Christ Jesus,' the law of your perfect health, makes you free from all belief in so-called laws of disease and death."

The whole of the law is the perfect law of your wholeness. The whole of the law of prosperity and success is the law of your own prosperity and success, of your freedom from all belief in a law of bad luck, misfortune, and failure. Do whatever you wish to do in demonstrating prosperity and success, and you will find no laws of limitation working against you. In the consciousness of no limitations, you know only the whole of the law, the law of your perfect freedom and fullest expression. This is the law of no limitations.

You become a law unto yourself when you realize that only God as Principle in you has power in your world, and He is the law of good, the law working in your life without limitation.

SUFFICIENT UNTO TODAY IS THE GOOD THEREOF

A Prosperity Treatment

YOU MAY BE assured that the good that you need and desire today will manifest for you if your consciousness will receive it. Nothing will be withheld from you. The blessings that should come today will come. The problems that should be solved will be solved. The good that heaven has forwarded to you will arrive.

There is sufficient good in store for you today to make your day one of great joy. In order to receive this you must be mentally receptive. Every adverse thought which would work against your highest good must be annihilated and cast from mind. To expect good, you must welcome it with a consciousness of good thoughts.

Begin each day with the realization that there is sufficient good in store to make it a day of great rejoicing. See in how many ways you can cause good to become manifest. Make each day a day of good by inviting good to appear. Keep out of mind all belief in misfortune, evil, and failure. Your good will appear and your day will be crowned with good.

When you were taught that "sufficient unto the day is the evil thereof," you were taught to look after the affairs of today and not to anticipate the problems of the future. With this thought also comes this admonition: "Be not therefore anxious for the morrow: for the mor-

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row will be anxious for itself." We may realize that sufficient unto tomorrow will be the good thereof.

There is sufficient peace, sufficient love and joy and plenty in store for each day to make it one of great happiness for you. You have but to enter that high consciousness in which you realize their presence and their coming into manifestation at your bidding. You need to realize your oneness with Spirit, your unity with the good that you desire. You cannot bring it into manifestation except through feeling your oneness with it.

Sufficient unto today is all the peace, joy, love, health, and supply that you can use. In God's storehouse there is sufficient supply of all these. At this very moment you have in Spirit a sufficiency of whatever you may desire. You can enter right now into that high consciousness in which you can prove that you have "always all sufficiency in everything."

What greater prosperity treatment could we desire than the promise that "our sufficiency is from God"! If God, the good, suffices in our life, then there is no more to be desired. If you have touched that high consciousness in which you sense the presence of God, the reality of good, then you have identified yourself with the good that is your daily supply from heaven. Erase from your mind all thought that would limit your supply. Live in the consciousness that God's love is sufficient for you, that He takes care of you, that He provides for you.

THE CURE FOR DESPONDENCY

GIVE TO THOSE who are despondent the message that they can begin life anew whenever they so desire. Each moment declares their freedom from past mistakes and failures and opens up to them a new world, new opportunities for success. Behind them lie experiences of the past which can have nothing to do with their future but contribute lessons to it. Nothing that happened yesterday or the year before can limit or interfere with today or the future if they think aright.

Say to those that are despondent that their greatest deliverance lies in their being free from their own moods. Show them how to re-educate their minds to sane and clear thinking. Tell them that their mental attitude today, if negative in character, will affect their situation tomorrow in a negative fashion. Their victory today over moods and adverse thoughts will assure them of victory today and tomorrow. Their positive mental attitude will open them to the work of Spirit.

Despondency, metaphysically considered, must be treated as a disease. In fact, disease often comes about through despondency. Through despondency the tone of mind and body is weakened and disease appears. One mental healer made the statement that business men often suffer from kidney trouble at a time of financial loss and failure. Their despondency is reflected in the body as a loss of grip on themselves and their body functions. The

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remedy lies in causing them to feel their hold upon themselves, their body, and their finances.

The despondent person must first make a complete mental break with unpleasant memories of the past. Next he must feel within himself the power to master affairs of the present. He must realize that situations do not master him but that he masters them. The world is entirely subordinated to the Spirit of God within him. In Truth, the world and its affairs cannot make him sad, despondent, or unsuccessful; viewed from the right angle they must contribute to his joy and success.

How often the question comes to the mind of the despondent person, "What's the use?" It is a question that any one can think. Those who have caught the great vision of life do not entertain the thought. If it happens to come to mind they answer easily: "Everything is of use. Life and its panorama of delights that continually unfold. The joy of conquering and mastering situations of the day. The joy of helping one another. The satisfaction of knowing each day that we have viewed life from another new angle and found life worth living. Yes, life is good when viewed from the right angle, the viewpoint of Truth.

Being despondent is, after all, a selfish attitude. Sometimes in a home one member of the family feels that he has a right to be despondent and moody, spreading his miasma of gloom wherever he goes. Such is not the truth. He is duty bound to contribute joy to the fam-

ily's treasure chest of good fortune. Oftentimes he feels that others must give way to him and entertain and cheer him. This is not true. Other members of the family are not bound to prove to him that life is good. They may do so if they choose.

This message almost takes on the nature of a curtain lecture to despondents. It is intended to jar them loose from their moods. It is expected to make them see that they have approached their problems from an entirely wrong angle and attitude of mind. May they now cease blaming themselves, the world, the depression, political questions, and the system of capital. May they now place the entire blame upon themselves and realize that they have within themselves the power to adjust and to right conditions.

Today the world needs persons of good cheer. Some persons have gone through a long night of adversity, but day is breaking. A new day dawns. Shall we not greet the sun with happy hearts and smiling faces? Shall we not leave to the past the thought of adversity and look to the new day with its joys and opportunities? We have no right to add one thought of adversity or one countenance of gloom to a new day. Our whole obligation is to scatter joy and sunshine. Let us see how far Spirit in us can shed its light and radiate its optimism, joy, and success.

Your duty is to go forth this day showing by your radiant countenance that you preach the gospel of good cheer. Help to spread joy.

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BLESS YOUR HOME

MAKE THE STAND that you and the other members of your household will no longer think adverse thoughts and speak negative words within the sacred walls of your home. Get their coöperation in the matter. Dispel all personal animosity, gloom, and fear from your minds and from your home. Rise out of all belief in disease, lack, and inharmony. Thus you set about to bless your home.

Realize that the presence of God in your midst is the presence of light, peace, joy, love, health, and plenty. Keep ever before your minds the thought of the presence of God. When you realize that your home is dedicated and consecrated to God, you will no longer be tempted to think evil thoughts within its walls or to speak harshly one to another.

Let your home represent to you a bit of heaven. Within its walls let the peace of heaven appear. Let love always rule. If any thought of personal misunderstanding arises, let love settle the difficulty. Let God be the principle by which all matters are judged and Christ be the head of the house.

Viewing your home according to its spiritual import, you can well realize that you have "a building from God, a house not made with hands, eternal, in the heavens." The divine idea back of the material house is the spiritual concept of home—peace, shelter, protection. Virtually every one has the feeling at times that he would like to get away from the affairs of

the material world and enter some retreat of peace and silence. His home should be this to him. It should be the outer manifestation of his inner realization of peace, quietness, and love.

Bless your home through that high consciousness in which you can consecrate it to the will of God. Keep your thoughts high and noble. Know that the presence of God within your home puts to flight all that is ungodlike in character.

You may give your home a treatment like this: *There is no place for evil, fear, falsehood, deception, selfishness, impurity, ignorance, anger, hatred, sorrow, unforgivingness, misunderstanding, or evil in this home.* After this housecleaning, take up some positive and constructive thought like this: *There is only one presence in this home, the presence of God. This home is dedicated and consecrated to Truth, love, joy, unselfishness, forgiveness, contentment, satisfaction, happiness, understanding, justice, order, health, and plenty. Every member of this household, every guest of this home rejoices to feel the presence of God, the presence of good. This home is a sanctum of love, a retreat of peace.*

To this blessing add any thought for anything for which there seems to be a specific need. Let your understanding reveal to you any special need and then add to the blessing given your affirmation or prayer for that which you specially desire to see manifest.

SUNDAY, JANUARY 1

Today my mind is cleared of every adverse thought, and I enter a new world.

SHALL we think of today as giving us the opportunity to clear our minds, purify our souls, and enter into a new world? Have we not longed in the secret of our heart to lay aside adverse thoughts, thoughts of failure, and to start all over again? Today begins a new week, a new month, and a new year. What an appropriate time for a soul cleansing and for taking a new hold of things!

Today's lesson is one of purification. We are to think of ourselves as being relieved of every adverse belief in mind, of every disease thought in the body, of every thought of failure in business. We are to break with unpleasant experiences of yesterday. We are to merge into a new world.

If you want to begin again, if you want to take a fresh hold and make a new start, do so today. Feel that life has opened up to you in a new way. If you have the little Unity booklet *Beginning Again*, take it up today and use it in conjunction with the lesson. Possibly, you would like to use it each day for the rest of the month.

Ye have purified your souls in your obedience to the truth.—*I Peter 1:22.*

MONDAY, JANUARY 2

*The joy of the Lord now expressing
itself in my heart frees me from all
sense of depression, and I am joyful.*

LET US think of joy as emanating from the very presence of God. Let us turn our attention so completely to Spirit within us that we utterly lose sight of that external thing or circumstance which we have allowed to depress us. There is nothing in all the world with sufficient power to take our joy from us when it is established in God.

Do you think of persons and things as able to depress you? Do you believe that external circumstances can change your joy to sadness? Do you empower the great outer world with ability to depress Spirit within you? Realize that in Truth things of the world cannot limit your joy, cannot cause you to look upon them as mightier than God in the midst of you.

The joy of the Lord ever expresses itself within you. If you are not joyful, then you are thinking independently of God. If you are depressed, you are thinking more of the power of things over you than you are thinking of the power of God.

Rejoice in the joy of the Lord.

Thou hast put gladness in my heart.—*Psalms*
4:7.

TUESDAY, JANUARY 3

All fear is cast out of my mind because I recognize God as the only power, God in the midst of me.



WHY SHOULD we be fearful? Why should we think of things as having power to make us afraid? Why should we fear other persons, fear their acts, fear what they say? In Truth none of these has power over us. In truth God in the midst of us has all power.

Fear is founded on the belief that there is something apart from us that can do us harm. We always fear the thing that we believe exists apart from our authority over our world. We can see that in the understanding of Truth there can be nothing apart from us or separate from the power of God in the midst of us.

Do you fear disease? Then turn to the power of God, the power of health, within you and realize health so clearly that disease cannot exist for you. Do you fear failure? Then realize that the power of God within you is the power that makes prosperity and success possible for you. Fear is purely negative. It comes from looking at ourselves and life from a negative viewpoint. Courage replaces fear when we see ourselves in Truth, master over conditions, triumphant in Spirit.

Fear ye not, stand still, and see the salvation of Jehovah.—*Exod. 14:13.*

WEDNESDAY, JANUARY 4

God, the good, fills my world completely, and there is no place for any thought of evil.



THE STUDENT of Truth can have but one standard—God, the good. If he believes in evil, then he believes that God has an opposite and that He must share His presence and power with it. If he thinks thoughts of evil, he diminishes his power to think thoughts of good. If he believes that evil has a place in his life, he shows that he disbelieves in God's omnipresence.

We must think of God as all in all. We must believe that there is nothing in addition to the allness of God, the allness of good. Every thought that would proclaim the presence and power of what we call evil must give way to the truth of God's allness—the omnipresence and omnipotence of good.

Our visioning powers can see only God, only good, when we realize Truth. We cannot think the truth about God and then behold something unlike Him. We cannot believe in the allness of good and then see the prevalence of evil, adversity, disease, and lack.

God, the good, must be our standard at all times. Even when we think that evil appears on our horizon we must be loyal to Truth.

Thou that art of purer eyes than to behold evil . . . holdest thy peace.—*Hab. 1:13.*

THURSDAY, JANUARY 5

*I rise out of all doubt and unbelief
because I firmly believe in God, the
good.*

WE CANNOT believe in the reality and power of evil and disease when our faith is so quickened that God is a living reality to us. We cannot entertain doubt of His power when we become so unified with Him that we feel the power of good. We can see that faith in God is as natural to man as is his very life.

Let us rise out of all unbelief in God, out of all doubt of His power. Let us clear our thought of all belief that evil can work in us or against us. The faith that we have in evil but detracts from that which should be perfect faith in God. We must withdraw all faith from that which appears to be evil in order to exercise faith in the good.

The slightest evidence of your doubt of yourself, God in you, may keep you from making your demonstration. If you think that something can work against you or defeat you, you are lacking in faith. If you believe that something can oppose the might of God in you, you lack faith in His omnipotence. Realize that in Truth God has no opponent.

Faith is a confident assurance of that for which we hope, a conviction of the reality of things which we do not see.—*Heb. 11:1 (Weymouth version).*

All anxiety is cast from my mind, all worry is overcome, because I trust God.



AFTER ALL, trusting God is a simple matter. We find that instead of believing in the power of that which makes us anxious, we must believe in God. We overcome worry just by trusting that the good will come to pass.

Are you anxious about something—your health, your success, your family? Do you know that the thought substance you are giving to anxiety can be given to trusting in God and thereby put to work for you constructively? By thinking constructively, you take command of your affairs.

Anxiety shows very plainly that we believe in some power other than God. The anxious person thinks that God will be found wanting when called upon to rescue him from disaster. He thinks that evil in some guise will conspire against him. He worries over the state of external things, not realizing that he is master of them.

The worrier plainly shows that he does not trust God fully. He shows that he thinks that something of dire consequence will happen before God's work can be done. He must change his thought by trusting fully in God.

Casting all your anxiety upon him, because he careth for you.—*I Peter 5:7.*

SATURDAY, JANUARY 7

*The love of God in the midst of me
causes me to radiate love unstintingly
to all persons.*

LOVE being that which the world needs most today, it must be given free and full expression by those who know the truth of Being. Love is mighty to solve the world's problems and to lift all men from all thought of hate, fear, disease, and want. Love is mighty to revolutionize human thought and to make men see all things according to Truth.

Radiate love unstintingly. The love of God should radiate through us to all persons in unlimited measure. We should never withhold love from any one. When we try to discipline another by withholding our love from him we but harm ourselves.

Love is mighty to accomplish all things. Love is healing. Love adjusts inharmonious situations. Love brings about perfect understanding. Love gives us power to succeed. Love brings us nearer to God. Love is God, and we know God when we know how to love unstintingly and understandingly.

Let love dominate your every thought. Let it be exercised with the wisdom of Spirit.

The Lord make you to increase and abound in love one toward another, and toward all men.—*I Thess. 3:12.*

SUNDAY, JANUARY 8

*God, divine principle, the law of good,
is the law of my being, governing me and
all my affairs.*

GOD SEEMS much closer to us when we realize that by Truth He governs us and all that we have. If we realize this, we cannot be governed by adversity or any law of failure. We cannot be ruled by any adverse belief when we are in the high consciousness in which we know that God alone governs and rules us.

God is the principle of life, love, and Truth. There is no principle in evil, disease, and lack; consequently, there is nothing to sustain these, nothing to impart energy to them or give them substance. The whole basis of Christian metaphysics is the realization of God's government to the exclusion of the belief in the government of adverse laws or powers.

God is the very law of our existence. We live because our life is established in His law of life. In Truth, there is no adverse law working in opposition to God, divine law. There is in Spirit no law upon which evil, disease, and failure can be based.

Recognize but one God, one law. Know that in Truth no adverse law or belief can dominate you. God, the principle of good, rules you eternally.

Thy law is truth.—*Psalms 119:142.*

MONDAY, JANUARY 9

*The peace of God fills my heart, and
I am at peace with every good thing.*

PEACE FILLS our hearts when we realize that in the realm of Truth there is nothing to destroy our peace. There is nothing in all this world, no person and no power, that is able to make us inharmonious when this is realized. To many persons this statement will come as a revelation, and it will be the means of bringing great happiness into their lives. Many persons are unhappy because they believe that other persons and external things have power over them, power to destroy their peace of mind, power to create inharmonious conditions for them.

God is ever peaceful, ever abiding at the heart of our being as a power for peace. We have only to turn in thought away from the thing that seems to be inharmonious, in order to see its unreality and powerlessness over us and to behold in Spirit the prevalence of peace.

We bring harmony into our life and environment when we let God be expressed in them. We realize that He is peace and harmony and that His omnipresence assures us of perfect peace. We realize the utter powerlessness of things to make us inharmonious, and the power of God to quicken us to eternal peace.

Go in peace, be ye warmed and filled.—James
2:16.

The Truth of Christ sets me free from all sense of bondage. In Him, I am free.

NOTHING can hold us in bondage when we realize the truth of our perfect freedom. When we are mentally unbound, free from limited thoughts, our physical freedom is at hand. When the thought that has mesmerized us into believing in bondage is cast from mind, we are mentally and physically free.

Jesus brought from heaven the truth of man's being, the truth of his perfect freedom. The greatest gift of all time was Jesus, with His Christian message. He came to correct the thought of mankind, to turn men from sin to a knowledge of Truth, to deliver them from disease by freeing them from the belief in its power.

Do you want freedom? Then learn the truth that will deliver you from the bondage of limiting beliefs. Cease to think that these have power to limit or to bind you. No longer believe that thoughts of evil, disease, fear, and failure can enslave you. The Christian teaching of freedom is mighty to deliver and to save you. Meditate on the teachings of Jesus and be delivered from bondage.

He that was called in the Lord being a bond-servant, is the Lord's freedman.—I Cor. 7:22.

I am patient in all things, because I know that God in His good time will bring good to pass.



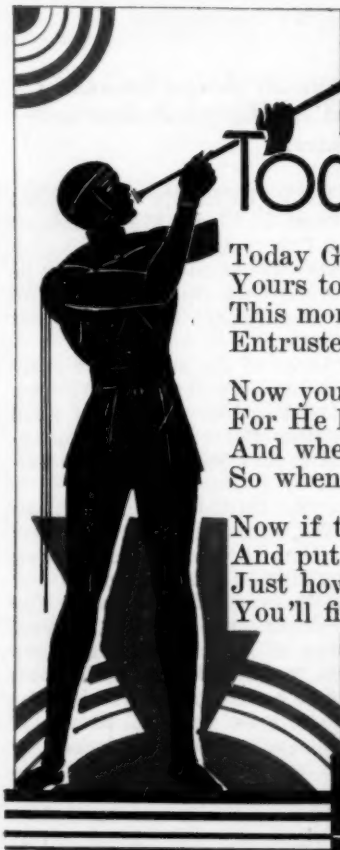
THE PATIENT PERSON necessarily puts his trust in God. He is patient because he knows that God will bring good to pass. He is patient because he feels himself so unified with Spirit within him that he cannot be impatient. He knows that good is coming to pass.

One of the earmarks of the student of practical Christianity is his serenity and patience. He has developed trust in the working of good in his affairs. He does not expect evil to appear. He is patient even when there is no evidence of good.

Oftentimes external things cause us to become impatient. We think that we have no control over them, that they of some volition of their own will be able to work havoc in our lives, that they will prove to be too much for the power of God. When we learn to be patient we see the foolishness of such reasoning. Our patience is founded on a definite trust. We know that we need not fear, need not be impatient. God is working for us at all times.

The habit of being patient is easy to acquire when our thought is so corrected that we think in terms of Truth.

Let patience have its perfect work.—James 1:4.



Today Is Loan

Today God puts into your hands a day
Yours to enjoy howe'er you will, it's
This morning in the wee, small hour
Entrusted you with one new day wi

Now you must find the good it has
For He has put within this day some
And when you take the good things
So when tonight God views your da

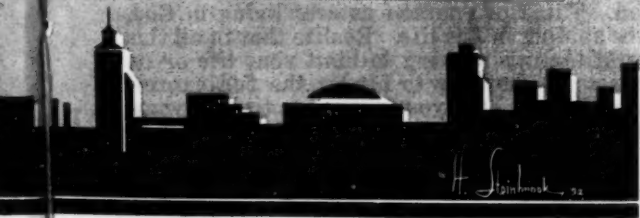
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ws your day, He'll find no thought of sin.

that you have taken out the good,
in is place—that you have understood
d-new day; then, on tomorrow's dawn,
brighter day, and others from then on.



H. S. Smith 92

My life is cleared of all belief in in-harmony, fear, disease, and failure. I am alive in the life that God has given me.

DO YOU LONG for a life that is free from the entanglement of evil and error? Do you long to realize that your life is just like it was when God gave it to you—pure and free? The truth is that in Spirit your life is the life of God, unattached to mortal beliefs. In the light of Truth your life has never known mistakes, disease, or failure.

You can fill your life with good just by turning from the thought of limitation and adversity and knowing the good. You can fill your life with blessings just by knowing that these are God's gifts for you. You can live the ideal life that you visualize just by knowing that this life is God's will for you.

Think of your life as unaffected by external things, continuing ever as the eternal life of God. Think of yourself as ever living in God, ever abiding in His life. Realize that in all this world there is nothing to limit your life or its expression, nothing to hinder the full expression of that which you idealize as true of yourself in Spirit.

Thy life shall be clearer than the noonday.—Job 11:17.

FRIDAY, JANUARY 13

I now conform all my thoughts to the mind of Truth, consciously unifying myself with the Spirit of God in the midst of me.

IN TRUTH, there is but one God, one spiritual consciousness, one Divine Mind. In human experience, man, being dual-minded, recognizes both good and evil, and believes in two minds: the mind of Truth, and carnal mind. As we develop in spiritual understanding, we realize that there is but one God, one mind of Truth, and we are at one with it. In this way, we free ourselves from dual-mindedness and the belief that we are carnally or mortally minded.

Man, ignorant of Truth, has the experience of thinking contrary to Truth. We may think of his mind in such an experience as unlike the mind of God, since his thoughts are unlike the thoughts of Divine Mind. Through the study of higher truths man is taught to realize that in Spirit there is but one God and he is part of Him; one mind of Truth, in which he has identification.

The mind of God in you, thinking the truth of your higher being, must be contacted in such a way that you merge into it and your every thought meets its approval.

Have this mind in you, which was also in Christ Jesus.—*Phil. 2:5.*

My body is the holy and living temple of God and by His presence, He fills it with health and strength.

IN OUR LESSON on the body today, we are to give up all preconceived ideas about the body as mere flesh or as the habitation of disease. We are to think of it as God's holy temple. We are to realize that God lives in our body to the exclusion of any other presence.

Think of your body as holy. Look upon it as God's temple. Realize that He lives in it at all times. Cease to think of it as impure, unholy, or diseased. Know that He fills it with His life, health, love, and strength.

Do you say that your body is not holy? Then look to your thoughts about it. If you have thought in terms of disease, your thought has outpictured itself upon your body as disease. Your body may appear to be far from holy if your thought has been unholy, unhealthy. You are God's holy temple; mentally and physically, you are filled with His presence. Only by knowing the truth of Being can you recognize the tremendous importance of this teaching. One of the greatest revelations of all times is that of God's dwelling within you—within your mind, soul, and body.

The temple of God is holy, and such are ye.
—1 Cor. 3:17.

SUNDAY, JANUARY 15

The blessings of heaven continue to be poured out upon me, and I am blessed in all ways.

WE CAN BE blessed by heaven only when our direction is heavenward, when our eyes are directed to heavenly blessings. If we think of ourselves as without the pale of heavenly blessings, we put ourselves in a position where we cannot receive them. Our mental attitude either invites blessings or else repels them.

What do you desire for a blessing today? Do you desire health? Then be receptive to the blessing of health. Cast from your mind every thought that would keep health from being manifested. Refuse to believe in disease. Cease to behold yourself as weak or diseased. Realize that even now God is blessing you with health.

Do you desire prosperity? Disabuse your mind of every belief in lack. Do not think that it is God's will for you to endure hardships and deprivation. Open your mind to receive the blessings of God which He will pour out upon you this day.

As a child of God, you are being continually blessed by the Father.

I know that, when I come unto you, I shall come in the fulness of the blessing of Christ.—Rom. 15:29.

MONDAY, JANUARY 16

The perfection in which God created me in the beginning now is manifest, and I behold myself as I exist in the sight of God.

IN THE BEGINNING God created man perfect. Man may behold himself as limited, as imperfect or diseased, but God ever sees him as he is in Truth. When man thinks of his shortcomings he fastens them upon him. When he sees himself as God sees him, he takes a step to freedom and perfection.

When you see man as imperfect you see something contrary to the Truth of God. When you behold imperfections and shortcomings you see through eyes of sense something that the eye of Spirit does not know or behold. When you view yourself as imperfect you look at something that God has not created.

The perfection in which we were created in the beginning is that which we must manifest as children of God. We must bring forth that which God within us is manifesting. We must behold within ourselves the perfect pattern of man that God has implanted within us.

In the sight of God you are now well and perfect. God knows no evil, no sin, no disease.

I am God Almighty; walk before me, and be thou perfect.—*Gen. 17:1.*

*God is in His heaven within me and
about me and I, too, abide in heaven.*

HEAVEN is the realm of perfect harmony. We find it first in the upper realms of mind. In higher consciousness we discover that in the domain of Truth there is nothing but perfect peace, love, and understanding. Heaven appears to us when we understand these truths.

Where is heaven? Where God is. Where we form a union with God in spiritual consciousness. Next we discover that we abide in the midst of heaven, and it is about us. God is everywhere present, according to Truth, and His heaven is unlimited.

If you would know heaven you must clear your mind of all adverse thoughts. You must see that there are no unheavenly thoughts in your mind. The malicious, fearful, or unloving thought would keep you out of heaven, keep you from realizing perfect Truth.

Finding this heavenly kingdom you will find every heavenly gift. Having found spiritual consciousness, you will find the fruits of Spirit—light, peace, love, joy, health, and plenty. Having found God, you will find your spiritual self revealed to you in all its fullness.

Seek ye his kingdom, and these things shall be added unto you.—*Luke 12:31.*

The Truth of Christ rules my every thought and act. Only the good is true in Spirit.

TRUTH is heaven's philosophy revealed to man. By it man knows what is true and is able to distinguish it from that which is false. Through Truth his perfection is revealed to him. Through Truth he ceases to believe in the power and reality of disease. Through Truth he is saved from all that is false.

Truth reveals to man the nothingness and powerlessness of limitation and imperfection. He beholds the nothingness of disease when he sees himself as in truth the son of God, whole and perfect. He sees the powerlessness of evil over him when, through the study of Truth, he recognizes the omnipotence of good.

Truth rules man's every thought when he has cast from mind all belief in the so-called philosophy of evil. Truth dominates his every deed when only Truth is uppermost in his mind. He comes to know that only God, the good, is true and real.

What is Truth? The science of man's oneness with God and the knowledge of his deliverance from evil. The philosophy of Christ which bares the falsity of material concepts.

Grace and truth came through Jesus Christ.
—John 1:17.

THURSDAY, JANUARY 19

The light of God within me, my perfect understanding, illumines and guides me in all my ways.



THE LIGHT of God illumines and inspires us when we turn from all belief in ignorance and darkness. We cease to think of ourselves as lacking in understanding and turn in thought to the light of God at the center of our being. We turn to that point in consciousness where all things are revealed to us.

The light of Spirit ever shines at the very heart of our being. We have but to turn to this light and know that it is shining within and through us in order to be guided and directed in whatever we do. This light cannot fail us or mislead us.

We know that when man came from God he came endowed with heavenly wisdom. The torch of Truth was given him that he might be led by God's will at all times. In Truth man is never separated from God, never without His light and understanding. God is ever with him, ever shining at the heart of his being, ever directing him in all that he does. When man knows this, he knows just what to do at all times and in all places.

Jehovah is my light and my salvation.—Psalms 27:1.

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

January 20 to February 19

ILLUMINATION

*The radiance of the Christ presence
within me quickens, illumines, and in-
spires me.*

HEALING


*The Christ of God quickens and heals
me.*

PROSPERITY

*Christ is here blessing and multiply-
ing substance, and there is abundance
for every need.*

FRIDAY, JANUARY 20

The healing presence of God within my consciousness frees me from all belief in disease, and my body manifests perfect health.

OD WITHIN us is healing. When we know that He is health within us we can no longer believe in disease and think of ourselves as identified with it. His healing presence is the presence of all that dissipates that which is unlike Him. Healing results when through eyes of Spirit we behold ourselves as healthy instead of seeing ourselves as diseased. Our thought becomes so engrossed with God and health that disease no longer is an actuality.

The healing presence of God is ever with us, ever inspiring us to think of ourselves as healthy even though disease may appear to be real. The presence of health is an antidote to all that is opposed to it. God disperses disease from us when we recognize His presence. We cannot recognize God, health, and at the same time believe in disease.

Healing appears when we look Godward, and see in Him our own image and likeness of perfection and health. We are healed when we know in the innermost parts of our being the very truth of health and wholeness.

I will take sickness away from the midst of thee.
—Exod. 23:25.

SATURDAY, JANUARY 21

*Rich ideas fill my mind and manifest
in my world as my tangible prosperity.*

PROSPERITY comes to us first through a rich consciousness. We find that our ideas of lack give way to the truth about plenty. Our preconceived ideas about poverty give place to the rich and true ideas of Spirit. We first become enriched in the realization that, in Truth, there is no lack; God is our abundant resource.

Prosperity is a manifest evidence of God's goodness. We cannot meditate on God and His abundance, on our own sonship, without feeling that we participate in His riches. We discover that as children of God we are heirs to all that our heavenly Father has. We inherit His riches—good, peace, love, joy, health, and plenty.

The impoverished person is impoverished in his thought. His outer affairs but reflect the state of his consciousness. Lack appears because in his consciousness there is a lack of rich ideas. Failure results because he believes more in failure than he does in success.

Prosperity, after all, is but the evidence that God supplies, feeds, clothes, and sustains man. Prosperity is the visible evidence that God is ever with man, ever nourishing him.

Have their hope set . . . on God, who giveth us richly all things to enjoy.—*I Tim. 6:17.*

*Christ in me is my indwelling divinity.
That which is true of Christ is true of
Christ in me.*



CHRIST in us is that which is divine, noble, good, true, and enduring. Regardless of the state of external affairs, regardless of appearances, Christ in us never changes. He is ever heaven's gift to us—the gift of light, peace, joy, health, and plenty.

Christ in man is that in him which is never affected by mortal beliefs. The race may believe in disease, pestilence, famine, and destruction, but the Christ still calls man to Him and to his own reality. Those about him may preach falsity but the Christ preaches Truth. Even when man appears to be in the depths of despair Christ calls him to the heights, the upper realms of spiritual consciousness.

Christ in man is the Christ of heaven becoming manifest in tangible form. Even as Christ was manifested in Jesus so is Christ manifest in all men who are so favored as to know higher truths. The man Jesus became divine through Christ consciousness. He became heaven's ambassador because His heart was pure enough to contain the purity of the word of Truth.

Because ye are Christ's.—Mark 9:41.

I abide in the presence of God and relax from all tension and strain.

MANY PERSONS live in a constant mental and physical strain. They think thoughts that make them tense. They entertain thoughts of fear. They set up such a mental resistance to other persons that their minds become rigid and tense.

We overcome tension and strain when we learn to live in the presence of God, in His peace and harmony. Our mind then becomes filled with thoughts that cause us to relax from stress and strain. We entertain thoughts of God, thoughts of trust. We cannot know mental and physical strain when our minds are at peace.

Are you tense? Do you want to be free from mental and physical strain? Then drop from mind every belief that would cause tension and strain. Cease to be fearful. Cease to think that external affairs can harm you. Cease to believe in anything but God.

Dwelling in His presence, in the innermost secret place of your inner being, your spirit can know nothing that will cause tenseness.

He that dwelleth in the secret place of the Most High
Shall abide under the shadow of the Almighty.
—Psalms 91:1.

*Through the power of Christ in me,
I have dominion and authority over my
world.*

MANY OF MAN'S difficulties come from the fact that he thinks that things have dominion over him. He thinks more of the power of the world about him than he thinks of the power of God within him. He loses sight of his own dominion and authority when he begins to think about the power of things.

Through the dominion and authority of Christ in us, we have dominion and authority over all the things and situations of our world. We have dominion over all belief in sin, evil, disease, and failure. We have power to say to these the word of Truth that will cause them to dissolve into their native nothingness. We have power to speak the word that will cause good to triumph in our affairs.

Never think of any person, any negative situation, anything adverse, as having power over you or as able to cause adversity to appear in your life. There could not be any possible truth in such a thought. The only truth is the truth of God's presence within you and His constant appearing as your good.

Establish my footsteps in thy word;
And let not any iniquity have dominion over me.

—*Psalms 119:133.*

*Christ in me is exalted above things
of the external world and I, too, am
lifted up.*

WHAT a feeling of exaltation we have when we realize that there is that within us which lifts us above the sordid things in life! What an exaltation just to realize that Christ within us lifts our heart high above the little unpleasant experiences of the day! Truly there is within us that which is never cast down, never debased, never defeated.

Christ in us is ever exalted, ever conscious of heaven, ever lifted up to behold things as they exist in Spirit. If we did not have Christ within us, we should have no assurance or conviction that the things of earth are not a part of us. Without this feeling of exaltation we should be content to be fatalists and materialists.

Knowledge of Truth lifts us up. As we come to know Truth we feel a certain supremacy over race beliefs. We know that we are master of them. We realize that we have that within us which makes us a part of a world apart from material beliefs and claims.

The exaltation of Spirit within us is Spirit's rejoicing over the claims of matter.

Let us lift up our heart with our hands unto God in the heavens.—*Lam. 3:41.*

*In the quietness of Spirit within me, I
am free from all noise and disturbance.*



QUIETNESS begets power. When we turn to the stillness of Spirit within us, we receive strength to do whatever we may want to undertake. We set ourselves free from the belief that external things can disturb or harm us, when we sense the inner stillness and quiet that makes for power and dominion. In the inner place of quiet, we make contact with the very peace of heaven.

The silence of the inner stillness gives man his power over the world. But for this stillness he would be so completely drawn into the jangle and noise of the world that his power would be taken from him. In the stillness of Spirit, he knows and appreciates his own power in stillness.

The quietness of Spirit within us is one of the greatest gifts that heaven has given us. This quietness turns us to heaven even when we should otherwise be swallowed up by the affairs of the world. Through this stillness we come into possession of the things of Spirit—peace, joy, love, and health.

When things seem to disturb you, be quiet. Spirit within you will reveal to you your supremacy over the affairs of your life.

Take heed, and be quiet.—*Isa. 7:4.*

FRIDAY, JANUARY 27

*I no longer accuse myself or others
of evil. I freely forgive.*

FORGIVENESS sets us free from accusing thought. We drop self-accusation from mind when we learn to let the Christ in us forgive us. We no longer accuse others of evil when we reverse our thought and forgive them. Forgiveness, the wiping out of unpleasant memories of the past, restores a person to the state of good that he enjoyed before some adverse situation occurred.

We should forgive easily because Christ in us is prompt and ready to forgive. He never accuses any one of evil. Christ could hold no one in the thought of evil or in the thought of mistakes of the past. Christ gives freedom and release from adverse thoughts.

Do you wish to forgive some one? Then cease to think of the adverse thought that caused the trouble. Above all, free yourself from the thought that you have been harmed by what another said or did. In Truth no one can harm you. You must learn and know this if you want to see the work of forgiveness done.

Christ's forgiving work is now done. We rise to the consciousness that we are released from all mistakes of the past; in Truth we are forgiven.

Whatsoever thou shalt loose on earth shall be loosed in heaven.—*Matt. 16:19.*

The Spirit of God in me directs my thought and my steps, and I am guided into the way of joy and plenty He has prepared for me.



THE WAY of Spirit is always the way of light, peace, joy, health, plenty, and success. When we realize Truth and know God's way for us we find ourselves in possession of these blessings. We turn from the belief in many paths and find that, in Truth, there is but one way, the way of Spirit.

When we do not find the true way, we have difficulties. This statement is true because we are in an adverse state of mind if we do not find the path of Spirit. Our adverse consciousness keeps us from finding the way of God.

The way of Spirit is always before us. We turn into devious paths—paths of misfortune, adversity, and lack—when we turn out of the path of Spirit. We go the hard and stony way when our thought is not upon God. We find obstacles in our path when we do not realize that the Spirit of God goes before us and makes plain and easy our way.

Do you need to make a decision about which path to take? Turn to Christ within you and let Him guide and direct you. Let Him reveal the way you should go, the path you should take.

He will teach us of his ways, and we will walk in his paths.—*Isa. 2:3.*

I am zealous and enthusiastic in all that I do because the energizing power of Spirit fills and thrills me with enthusiasm.

ENTHUSIASM in what we do helps us to make life more livable. By being enthusiastic, we are able to extract joy from all that we do. Life takes on a new significance when viewed from the standpoint of enthusiasm. We become enthusiastic about living when we find in life the very Spirit of living.

The person who is not enthusiastic about life has failed to see life from the right angle. He has neglected to see that he gets something out of life only when he approaches it with enthusiasm. Life opens new vistas to him only when he anticipates them. His enthusiasm invites life to be good to him.

The enthusiastic person always enters with keen zest into the joys of living. To him life opens a panorama of delights. Life entertains him. He is its guest. He is like a guest in a home, enthusiastic about everything done to entertain him and able, in turn, to help entertain other guests.

By your enthusiasm about living you may be known as to your progress in spiritual understanding.

Be zealous therefore.—Rev. 3:19.

MONDAY, JANUARY 30

I am deeply appreciative of every evidence of good that comes into my life. I am thankful.

LET US be appreciative of every good that manifests itself in our life. Let us give thanks for every evidence of the goodness of God. The thankful spirit has much to do with causing more good to become manifest in our life. When we are thankful for our blessings we invite more and more of them to appear.

If you are appreciative today of the good that appears in your life, you cause your good to be magnified. You cause an increase to appear in your good. Your mental attitude causes invisible good to be made visible, the unmanifested to become manifest. Your consciousness of thankfulness brings blessings right out of heaven into your lap.

Are you truly thankful for the good that you have? If you want to increase your good, you must be grateful for the good that has already come to you. Counting your blessings will help you to discover some that have escaped your notice. You will find something for which to be thankful, something that you have long forgotten.

Giving thanks always for all things in the name of our Lord Jesus Christ.—*Eph. 5:20.*

In Spirit and in Truth, there is no condemnation in me, and I cannot be condemned. I abide in the love and praise of God.



WHEN we believe in condemnation, when we live in the consciousness of condemnation, we find that others condemn us and we condemn them. The remedy comes through freeing ourselves from such thoughts and abiding in the consciousness of love and praise.

Free yourself from the thought of condemnation and you emerge into a new world, a world in which you do not criticize others and they do not criticize you, in which you are seen as the son of God, and in which you, in turn, behold the sonship of others. If you have been seeing others from the standpoint of condemnation, free yourself. If they have been condemning you, erase from your mind the thought that attracts condemnation.

In the love and praise of God, you cannot be condemned. In the consciousness of love and praise you exist and abide forever as God's perfect child, perfect and free. In the consciousness of God's perfection, no thought of condemnation or criticism can enter. In this realization you recognize God's perfect child.

When he giveth quietness, who then can condemn?—*Job 34:29.*

I Resolve

New-year resolutions cover many things—self-improvement, the determination to make progress, to achieve a certain goal—all worth-while aims.

No doubt your list goes further, and includes a resolution to help certain friends to gain a new outlook on life, to learn that life is to be enjoyed, not merely endured.

What better way to carry out this resolution than by joining the Help-One-A-Month Club? Every member of this club aims to send once a month to some friend a subscription to a Unity periodical.

Think of the joy of helping twelve persons in a year's time to find a new and richer meaning to life! This is the joy that is experienced by members of the Help-One-A-Month Club.

Start the New Year by joining the Help-One-A-Month Club—a card will enroll you as a member—and this month send *Unity Daily Word* to some friend. The subscription price of *Unity Daily Word* for one year is \$1.50.

UNITY SCHOOL OF CHRISTIANITY
917 Tracy, Kansas City, Mo.

A New Business Creed

I believe in business as a means whereby each member of society may render helpful service to others.

I believe that if any conflict arises between human interests and business, human interests should be placed first.

I believe that the profits of a business should be shared and that this is fundamental to sound business success.

I believe that business, to be of greatest value, must take God into active partnership.

I believe that meditation and prayer are essential to business and personal success.

I believe that business life should be a rich, expanding, abundant life, ever opening new channels of service.

I believe that partnership with God will give a joy, a satisfaction, a faith, and a courage in business that cannot otherwise be obtained.

IN A recent issue of *Christian Business* magazine this constructive creed was offered by Paul D. Marvin, and it seems a worth-while one with which to begin the New Year.

The thoughts suggested in this creed are typical of the message that *Christian Business* brings to its readers month by month. Why not subscribe for it, and make 1933 a richer, more successful year? It will come to you twelve months for \$1.50.

UNITY SCHOOL OF CHRISTIANITY
917 Tracy, Kansas City, Mo.

PILLARS OF TRUTH

Lessons in Truth

Lessons in Truth, by H. Emilie Cady, is the Unity textbook for beginners in the study of Truth. It consists of twelve lessons, with question helps to stimulate the interest of the student. When read for the first time, *Lessons in Truth* opens up a whole new realm of joy and freedom to the one who has long been in bondage to fear and doubt, to old ideas of ill health and lack. With each new reading one is more and more convinced that man "never can be satisfied with anything less than a clear, vivid consciousness of the indwelling presence of God, our Father." This book comes in two bindings; in dark green cloth it is priced at \$1; in lovely flexible binding, it sells for \$2.

Christian Healing

Christian Healing, by Charles Fillmore, is Unity's textbook for advanced students of Truth. Its twelve lessons, with question helps, are rich in material for the earnest thinker. In the chapter "The True Character of Being," you will find this statement: "God is not a king who can force His presence upon you whether you will or not, but an omnipresent Mind infolding and interpenetrating all things. There are goodness everlasting and joy beyond expression in a perfect union between your mind and this perfect Mind." The study of this book brings a clearer understanding of the relationship between God and man. In cloth binding, price, \$1; flexible, \$2.

HEAVEN'S HERE

Pave with love each golden mile,
And thus have Heaven here this minute,
And not far off in the after while.

—Nixon Waterman.

